

Health Office Update  
February 10, 2009  
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The FLU (influenza virus) is officially at Lincoln. There have been a couple of confirmed cases here at Lincoln, as well as a couple at McCall.

The FLU is a contagious disease of the respiratory system. It is easily passed from one person to another by coughing, and sneezing. It starts with a sudden fever from 102-104° and may last 3-4 days. Symptoms include headache, severe muscle aches, general weakness, extreme fatigue, dry cough, sore throat and runny nose.

Children should take non-aspirin pain relievers such as Tylenol and Ibuprofen, and should never take aspirin as they may develop a rare but serious disease called Reye's syndrome. If you get the FLU, stay at home, rest, and drink plenty of liquids to avoid dehydration.